



3 1761 11556506 1



NOV - 4 1971

TORONTO

official publication
cb-43
KEEP THEM SAFE

child and maternal health division
A PUBLICATION OF THE DEPARTMENT OF NATIONAL HEALTH AND WELFARE, CANADA

CAI
HW
- Z109

KEEP THEM SAFE



Accidents cause more deaths of children over the age of one year than any disease. More than 2,000 Canadian children under 15 years of age die each year from this cause.

At least 8,000 more suffer permanent disabilities and many more receive less serious injuries.

A study of home accidents in Canada revealed that 4 out of 10 victims were preschool children. Of all these accidents 75 per cent



"down will fall baby, cradle and all"!

were due to negligence. In other words, they could have been prevented.

Obviously accidents are a major hazard to the life and health of children. Consideration of the way children behave will show how many accidents can be avoided. It is not meant to imply that all accidents happen to boys, but they do happen more often to boys. Protection and education are necessary for both boys and girls.

All children pass through similar stages of development. They begin life as helpless babies, be-

come unsteady, curious toddlers, then exploring, adventuresome preschoolers and finally, independent, self-sufficient school children.

The baby or small child must be protected. If an accident happens to him, someone else is responsible.

As the child grows he must learn to recognize dangers about him and must learn to play and work in such a way as to avoid them.

Protection, example, and gradual education will develop safe living habits.

Seven main causes of accidental death in the 1-15 age group

MOTOR VEHICLES

DROWNING

FIRES

FALLS

SUFFOCATION

POISON

FIREARMS

OTHER

THE BABY



A baby is completely dependent on others for his care.

At a surprisingly early age he will learn to roll from side to side.

He will learn to move his hand to his mouth and will try to eat anything within reach.

He will learn to sit up, then to creep, and to pull himself to his feet.

He will start to walk.

How To Prevent Accidents

Keep a small baby in his crib, with the sides up, or in his pram when he is not being handled.

Choose a crib with narrow spaces between the rungs so that baby's head, arms or legs cannot become caught.

Never leave a baby alone in his bath.

Never leave him alone on a table, couch or bed.

Never leave him alone with a toddler. Toddlers may show their interest in strange ways.

Give him toys that are large and soft and have no removable parts.

Hold him when he is being fed. He may choke if left alone with his bottle propped.

Put pins, needles, buttons or marbles out of reach in a safe container. Always use large safety pins in diapers.

Put guard rails or gates at the top and bottom of stairs when baby starts to crawl. Put away anything that might be pulled off table tops.

Cover electric outlets and disconnect extension cords. Instal safety outlets if possible.

Put baby in a playpen if he cannot be watched closely.





THE TODDLER

The toddler needs continued protection, but he is ready for the beginning of training for safety.

During his second year he is walking, unsteadily at first.

He is interested in everything about him.

His curiosity leads him to feel, taste, and move everything he can reach.

He is a great climber; on and off chairs, in and out of bed, up and down stairs.

He plays outdoors more. The busy street, the lake or garden pool fascinate him.

The toddler learns by doing. This is the only way he can learn. He must be allowed to move and touch and try, but he must also be watched.



How To Prevent Accidents

Make the kitchen safe for the toddler for he will spend much of his time there. Keep matches in a covered container.

Place pots containing hot liquids back from the stove or table edge with handles turned in.

Knives, scissors or other sharp tools should be kept in a safe place. Keep the toddler in his playpen in another room when cooking or laundering. Protect him from the wringer and electric iron.

Cleaning solutions, drain cleanser, lye, insecticides, disinfectants and other poisons should be stored well out of reach.

All medicines, including aspirin, laxatives, sleeping pills, liniment and iodine, should be stored in a locked cupboard.

Use lead-free paint to refinish furniture or toys.

Outdoors he should play in a playpen when still creeping. Later, he can be kept away from the street by a sturdy fence with no easy foot-holds. The yard should be cleared of glass and jagged-edged cans.

Be sure his play ground has no deep ditches, ponds, uncovered wells or cisterns containing water.

When taken for a walk, he is safer in a carriage or stroller, or wearing a well adjusted harness.

Teach the toddler that when you say "Don't", you mean it. Keep these orders for times when his actions incur real risk to his safety or the safety of others.





THE PRESCHOOLER



Accident prevention for the preschool child includes continued protection, but he is also learning by observation and preparing for independence.

He is very active, curious and unpredictable.

He runs rather than walks, and acts before he thinks.

He spends much of his time playing with other children.

He plays at home, at his friends', in parks or playgrounds.

He loves tricycles, wagons or scooters.

He climbs and explores.

The preschooler loves to imitate his parents. Little boys will try to do what their fathers do, whether it is washing the car or do-it-yourself carpentry. Little girls will play house.

Children can be taught to do all the things they want to do in a way that is safe and satisfying. Example is a fine teacher.

How To Prevent Accidents

The preschooler must be taught to cross streets and highways safely. When with him, stop and look both ways before crossing. Obey traffic lights at intersections. Explain the reasons for these precautions.

He should learn to ride his tricycle or wagon on the sidewalk and never to play on the road.

He should be taught to climb and to get down again; to test foot holds on trees or fences and to come down in an area free from jagged rocks or sharp objects.

He should learn to expect falls. He will be less frightened, more relaxed and, therefore, less likely to receive serious injury.

He must learn that water can be dangerous. He should be taught to swim

at an early age and to respect water safety rules.

Use the preschooler's desire to help with housework and repair jobs to teach the safe handling of simple household equipment and tools. He is not ready to handle electrical equipment of any kind.

Do not let a preschooler carry bottles, sharp instruments or hot foods or liquids which may harm him if he falls.

Teach him to blow out matches or candles in your presence, but keep matches out of reach.

Teach him to put his toys away for the safety of other people.

The preschooler needs a great deal of help and guidance. He is eager to learn, but his limited experience may get him into difficulties. As he learns, change instructions to reminders.



THE SCHOOL CHILD

The school child is learning to think before he acts. He is aware of the main dangers in the world around him and how to avoid them. He is more self reliant and ready for an independent life apart from his family.

He does things away from home with other children—hiking, swimming, boating, shopping, or going to public gatherings.

He is interested in doing things with grown-up equipment, rather than imitating his parents with toys.

He wants a bicycle and may need one to go to school.

He spends more waking time away from home than at home.

He is learning safety practices elsewhere, but still needs guidance at home.



How To Prevent Accidents

Continue water safety training and supervision, both swimming and boating.

Teach the school child to use the stove, carpentry tools, gardening equipment, the sewing machine and the like.

Before he rides a bicycle be sure that he has developed good muscle coordination and that he knows and practises traffic safety rules.

There are special hazards in the country. The child should always be supervised when using

farm tools or machinery. He must also learn to handle farm animals safely.

The use of toy weapons provides a good means of teaching the proper use of real weapons. Firearms, even air rifles, should be used only in the presence of adults.

By example and reminder, children will learn caution without fear.

Thought and planning make a safe environment for children. Education and discipline gradually develop lifelong habits of safe behavior.



YES NO

HOW SAFE IS YOUR HOME?

Are your stairs built securely and protected by guards or railings, free from objects and well lighted?

Are the rugs tacked down or skid-proof?

Are the window screens fastened securely to prevent your small child from falling out?

Have you arranged your furniture so your child is not tempted to climb from one piece to another?

Is your yard fenced and the gate fastened to keep your child off the street?

Do you check carefully before backing your car?

Is the yard free of deep holes and ditches?

Do you check your yard for glass, tin cans?

Do you keep all medicines and cleaning materials in cupboards out of reach of children?

Do you label all medicine bottles and read the label before giving medicines?



YES NO



Is your home fireproof with electric cords in good condition, adequate heavy wiring, basement and attic free from oily rags and accumulated papers?

Have you a fire extinguisher handy?

Do you turn handles of pots away from the edge of the stove or table?

Are your radiators, hot water pipes and fireplace covered so that your child cannot burn himself?

Have you a thermostatic control on the hot water tank so that boiling water cannot run from the hot water tap?

Do you keep knives, scissors or sharp instruments out of reach?

Do you keep electrical tools, the washing machine and wringer securely covered when not in use?

Have you a safe place to store pins, needles or buttons so that your baby will not be able to reach them?

Are your small child's toys safe, having lead-free paint, no removable parts, no sharp edges?

Have you covered all open electrical sockets so that your small child cannot stick his fingers or metal objects in them?

Do you keep firearms and ammunition under lock and key?

If you must answer "no" to any question, can you remove the accident hazard and make your home safe?

CE 21174



RE 47321



RE 27100



BE PREPARED


Before an accident happens

1. List these telephone numbers
The Doctor
The Hospital
Taxi Company
Fire Department
Police Department
2. Put this list by the telephone.
3. Prepare a first aid kit containing the following:
Absorbent cotton
Soap, to be used with water for cleansing wounds
Sterile gauze pads
Bandages, 1" and 2"
Adhesive, 1"
Antiseptic solution
Tube of mild healing ointment
Scissors
Band-aids for minor cuts
4. Keep the first aid kit and a first aid booklet handy for emergency use.

Published by authority of
The Honourable John Munro
Minister of National Health and Welfare

Maurice LeClair, M.D.
Deputy Minister of National Health

Joseph W. Willard
Deputy Minister of National Welfare



THE QUEEN'S PRINTER
OTTAWA, 1969

Cat. No. H53-1168

